



Session 1

Being awesome



Hello Year 6, and welcome to 'Be Awesome, Go Big'. We are going to help you get ready for secondary school over the next few weeks and learn how to be awesome. We have three people who are going to help you navigate this period of transition. They are:



Matthew Burton

Author of 'Go Big' and known for 'Educating Yorkshire' and 'BBC Bitesize'



Matthew Syed

Author of 'You Are Awesome', as well as many other books. He is also a journalist and appears on a podcast called 'Flintoff, Savage and the Ping Pong Guy'



Gemma Oaten

Actress, with roles in Emmerdale and Holby City as well as a number of other shows





Have you ever
thought about the
fact that we get to
choose our attitude?

Even when we
can't choose
SOME things...



Sometimes we have attitudes
about ourselves we didn't
even know we had.



Have you been 'kid **average**' or
'kid **awesome**' at primary school?

What is the difference?



Kid average is someone who:

- doesn't try hard enough
- thinks everyone else is talented
- is lazy
- is scared of taking risks
- is worried about looking foolish
- doesn't put their hand up in class
- thinks they will be okay, until it is too late.



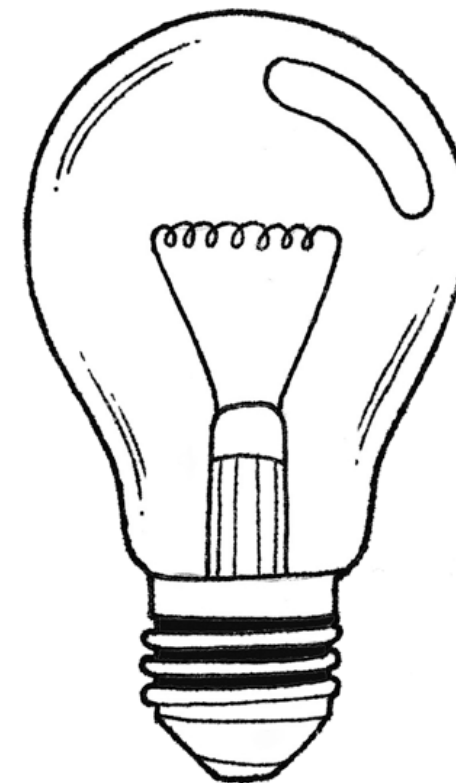
Kid awesome is someone who:

- tries hard
- puts time into learning things
- is dedicated to what they want to achieve
- is focused
- doesn't give up easily
- stays positive during hard times
- asks for help
- overcomes fears
- tries new things.



AWESOMENESS takes masses
of practice to **PERFECT**.

**Do you think you
are 'kid average'
or 'kid awesome'?**



You have a **choice to make**, so will you be ‘kid average’ or ‘kid awesome’?

“The world around us is changing so fast. It’s no wonder that we sometimes feel anxious about how we fit into it. We question whether we are smart enough. We get a bit scared to have a go in case we look stupid. And sometimes it’s tempting to quit before we’ve even tried having a go at something.” *Matthew Syed, ‘You Are Awesome’ page 35*

Now is the time to step up and make the change...



Sometimes we are worried about failing or messing it up. That is what stops us being 'kid awesome'. Being awesome takes perseverance.

“I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed.

I've failed over and over and over again in my life. And that is why I **SUCCEED.**”

Michael Jordan



TASK: Is there anything holding you back?

Worried you can't do things

Find it hard to focus

Feeling embarrassed

Feeling stressed or anxious

Scared of hard work

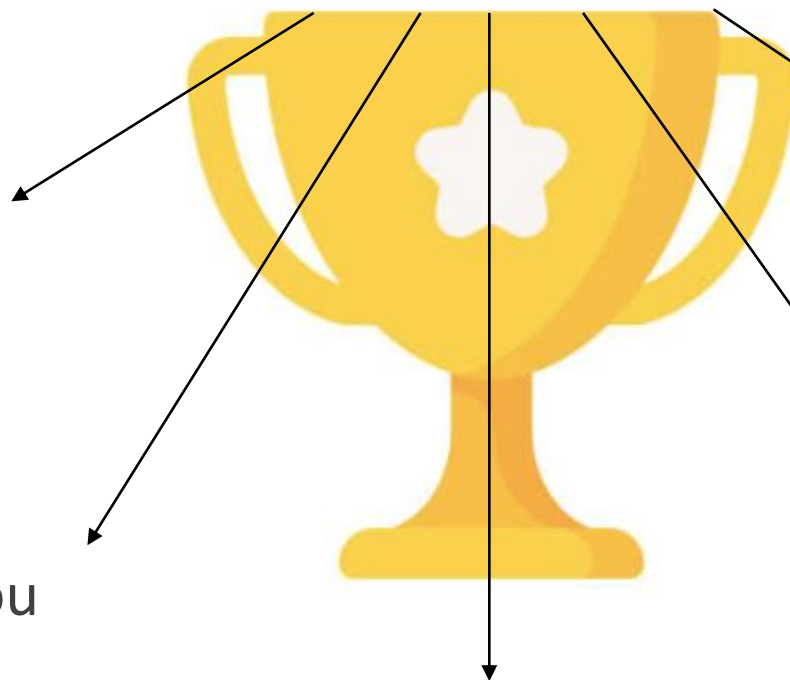
Scared of taking risks

Fear of looking foolish



What is the secret of success?

Perseverance



Trying your hardest

Embrace challenges

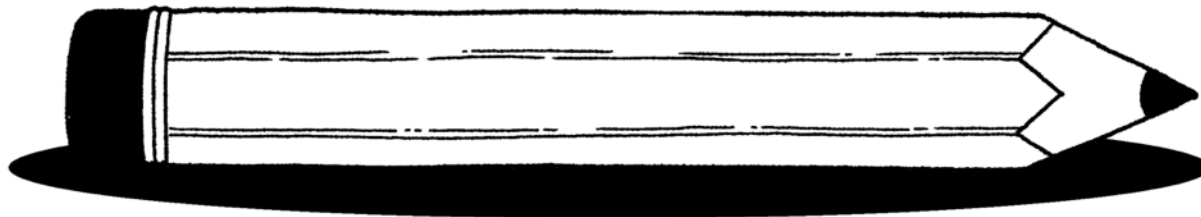
Telling yourself that you
CAN do it

Doing something even
though it is difficult

Not being afraid of
making mistakes

TASK: Write down what you can learn from your primary school experience, ahead of going to secondary school.

- How did you handle things when they went wrong?
- How did you react when you got stuck?
- Think about a time when you showed a 'kid awesome' attitude. Write it down.
- Write down the kind of person you want to be at secondary school.



Here's Gemma Oaten. She knows a thing or two about moving from 'average' to 'awesome'. Listen to what she has to say...



Remember: don't give up – ever!
BE BRAVE



Make sure you have completed your Be Awesome, Go Big workbook.